HOW TO CHOOSE AN OT THERAPY CLINIC
essential CHECKLIST

1. Verify Credentials and Regulatory Registration

- ☐ Confirm that clinicians are registered with their provincial regulatory body (such as COTO or CHCPBC).
- ☐ Ensure therapists possess specialized training in pediatric sensory integration, motor skills, and emotional regulation.

2. Ensure Individualized, Strength-Based Care

- ☐ Check that the clinic designs tailored intervention plans based on your child's unique sensory profile, strengths, and goals.
- ☐ Avoid clinics that use rigid, standardized, one-size-fits-all treatment packages.

3. Confirm Active Parent Involvement

- ☐ Look for providers that invite you into sessions, offer real-time coaching, and support home routines.
- ☐ Steer clear of exclusionary policies that prohibit parent observation or discourage open communication.

4. Check for Neurodiversity-Affirming Practices

- ☐ Choose a clinic that focuses on functional life skills and self-advocacy rather than trying to "fix" differences.
- ☐ Watch out for deficit-focused language that frames sensory or processing needs strictly as behaviour problems.

5. Confirm Billing Transparency and Funding Support

- ☐ Ask for clear hourly rates and itemized invoices that align with provincial autism funding and private insurance requirements.
- ☐ Avoid clinics with hidden administrative fees or vague pricing structures.